

SID-MFB

Banco regulable High Crunch Abs



CONDITIONING

Strengthens your heart and lungs while increasing your metabolic rate.



POWER

Increases speed and agility by activating fast twitch muscle fibers.



STRENGTH

Increases muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.



FLEXIBILITY

Increase range of motion, flexibility and reduce the risk of injury.

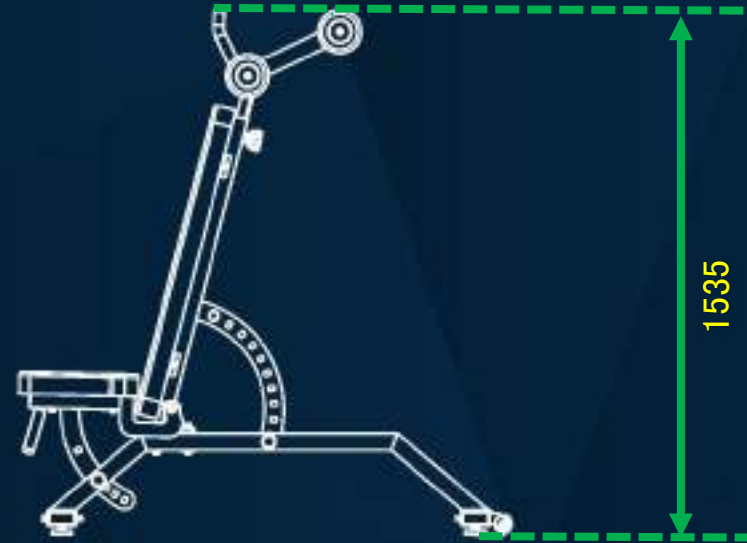
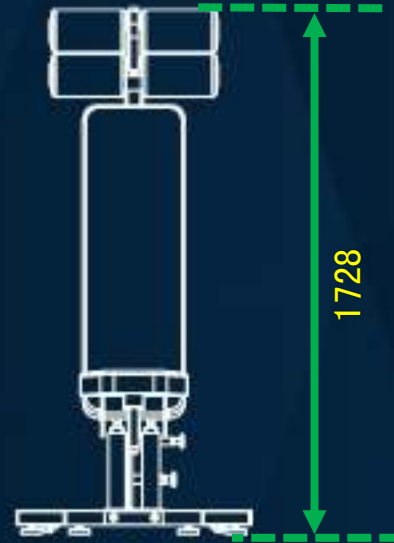


WARNING

Consult your physician before beginning this or any exercise program. Keep out of reach of children.



Assembled dimensions (mm)



Maximum weight & Main tube size

Maximum user weight:350lbs

Maximum weight capacity
(including user weight): 800lbs

φ25×2

□50×2

□40×80×2

□50×2

935×300×65

350×315×180×65

φ25×2

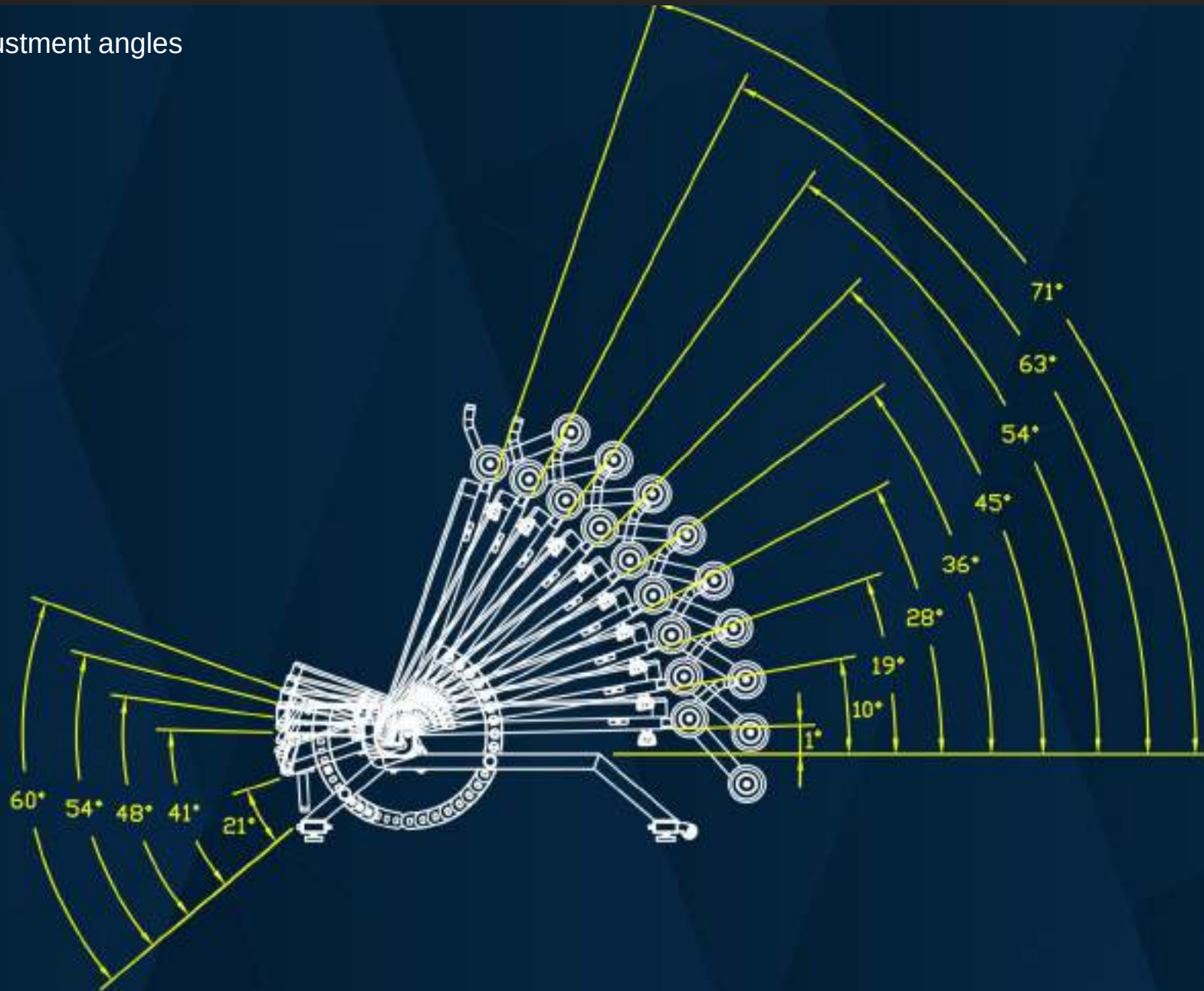
□40×80×2



Characteristic



Bench backrest adjustment angles



Reinforced base



More stable whole welding

Balance, more steady

Adjustable frame

10 position adjustable backrest pad can meet the different height users.



Comfortable HDR short handle grip

ABS chrome plated end cap

5 position adjustable seat option can meet the different height users.

Detail display

HDR handle grip
Feel more comfortable.



It uses top grade black fur
with generous appearance,
full and elastic.

Round knob, easy to be adjustable

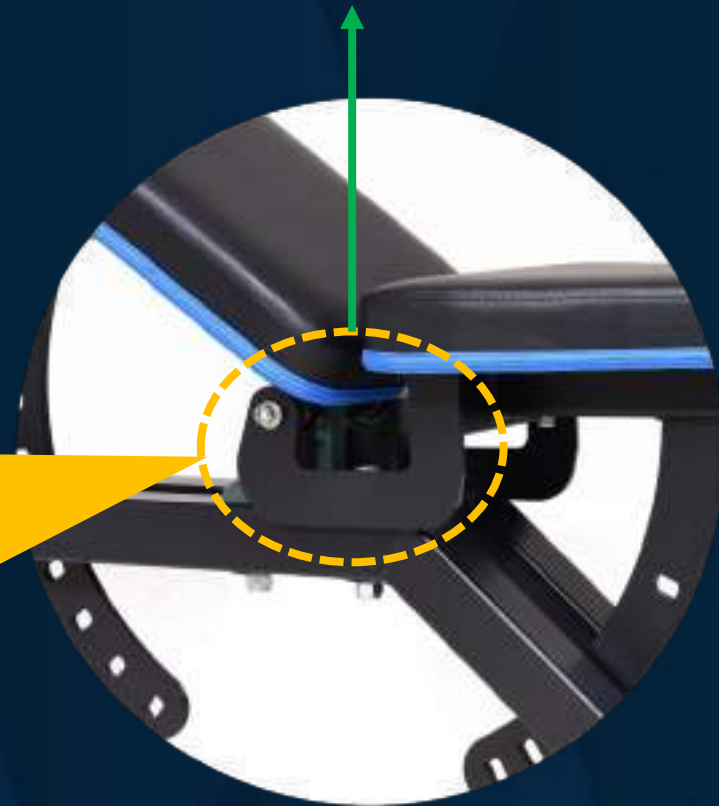


U shape plate design

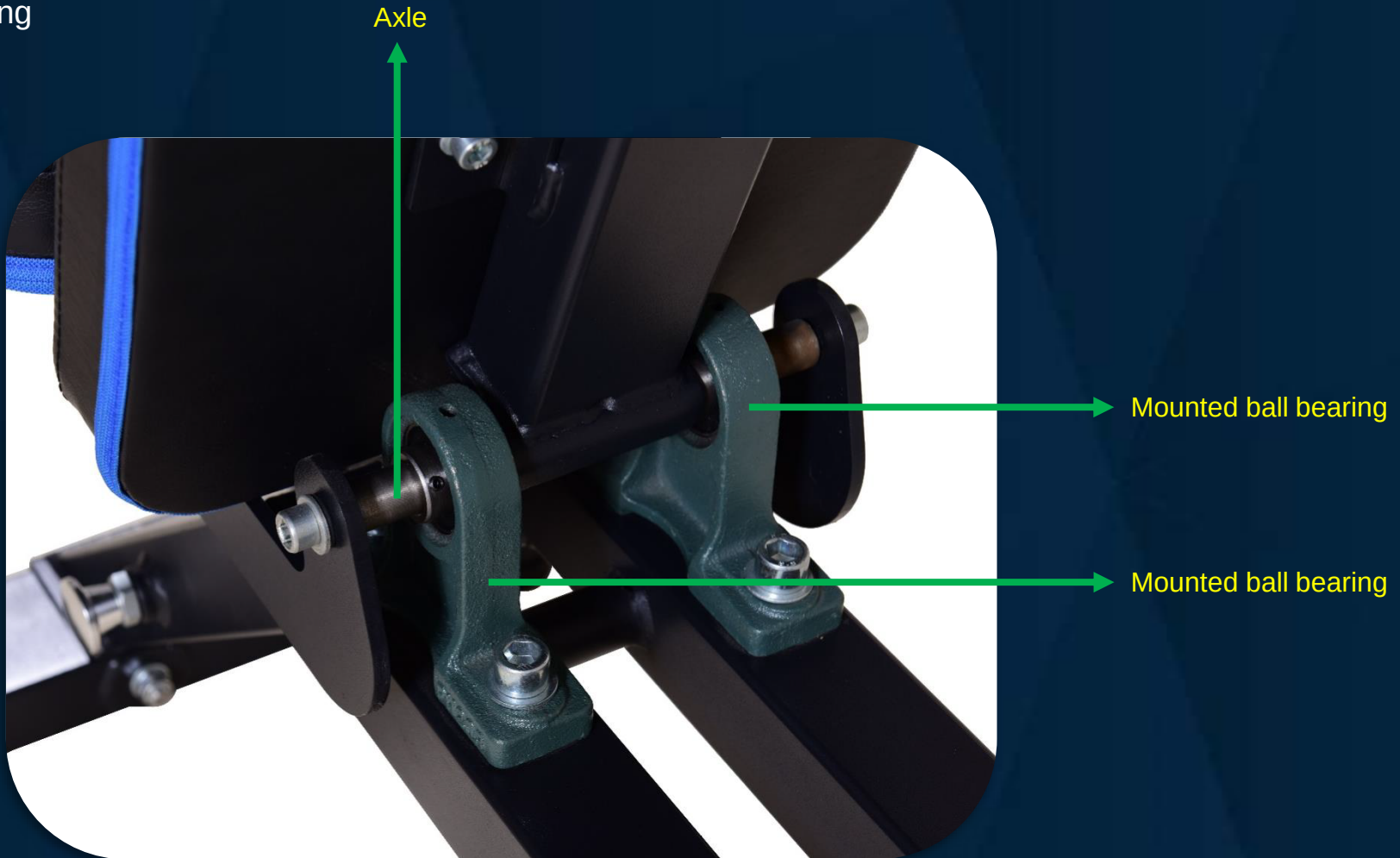
The U shape plate design effectively avoids the excessive spacing and mutual extrusion between the seat pad and the back pad.



The maximum angle of the cushion is 71 degrees. avoids the mutual extrusion between the seat pad and the back pad . The minimum angle of the cushion is 1 degrees. avoids the excessive spacing between the seat pad and the back pad.



Mounted ball bearing



There is no gap between the axle and mounted ball bearing.it can solve the swinging problem.

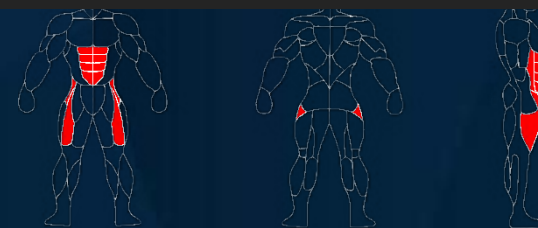
Easy to move the bench with wheel

HDR handle grip
Feel more comfortable

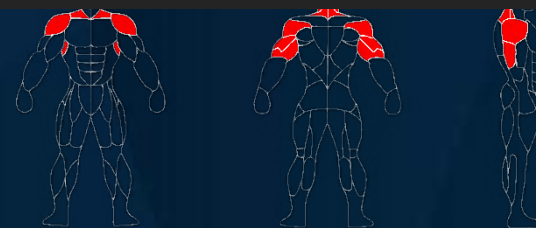
Bearing wheel



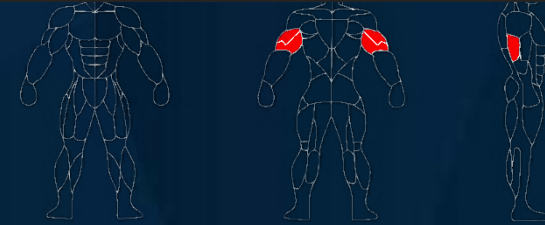
Abdominal leg raise



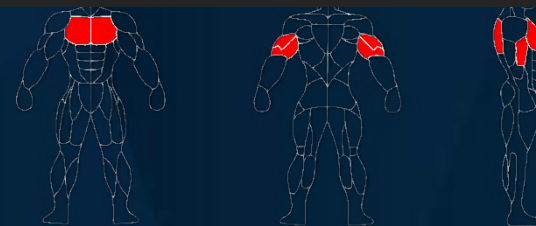
Shoulder press



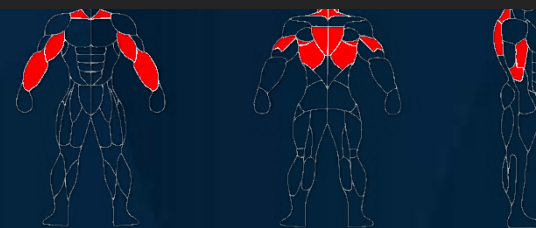
Dumbbell triceps extension



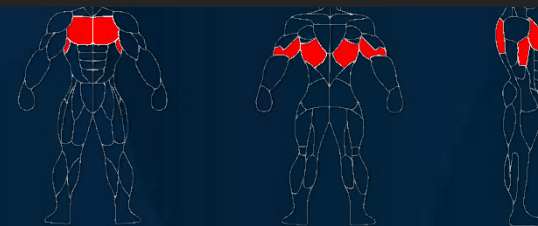
Flat chest press



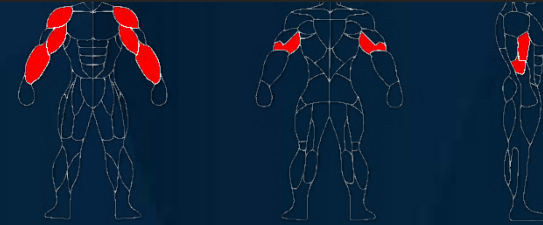
Bent-over row



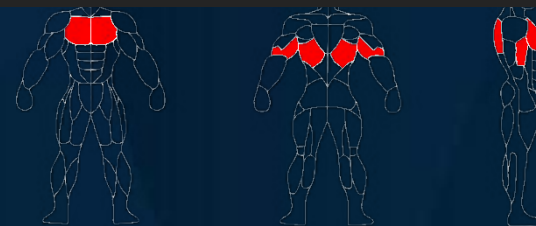
Pull over



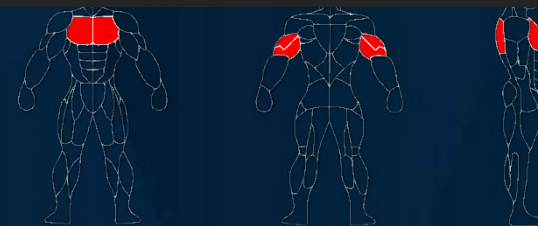
Alternating bicep curls



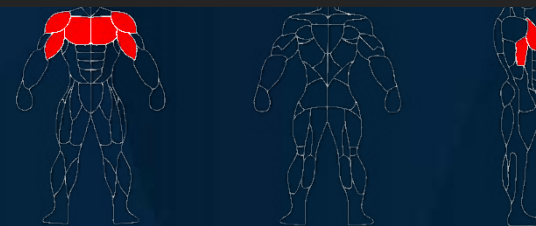
Lying triceps extension



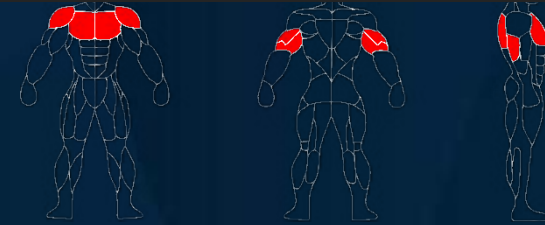
Bench press



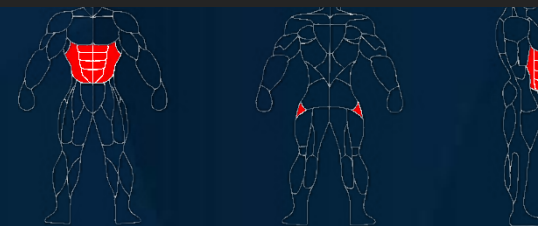
Incline pectoral fly



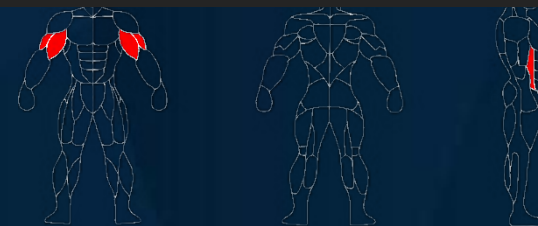
Incline chest press



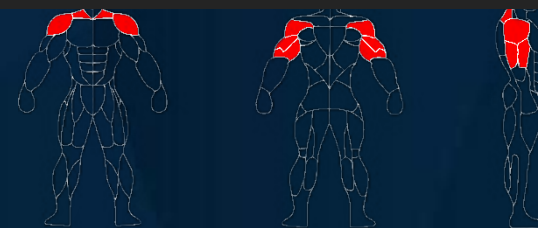
Abdominal crunches



D.B. Preacher Curls



Reverse fly



Incline barbell row

